



NORTHUMBERLAND

SCOTLAND

Gretna Green Longtown

Gilsland

HADRIAN'S WALL

BOWNESS-ON-SOLWAY

Port Carlisle
Burgh by Sands

BRAMPTON

Lanercoast
Castle Carrock

SILLOTH

CARLISLE

Wetheral

ALSTON

WIGTON

Dalston

Kirkoswald

Lazonby

Melmerby

MARYPORT

Allonby

Aspatria

Caldbeck

Langwathby

Nenthead

COCKERMOUTH

Bassenthwaite

PENRITH

Milburn

Temple Sowerby

WORKINGTON

Portinscale

Threlkeld

Troutbeck

Clifton

Pooley Bridge

WHITEHAVEN

Loweswater

KESWICK

Watermillock

Howtown

APPLEBY-IN-WESTMORLAND

Brough

Ennerdale

Wasdale

Glenridding

Patterdale

SHAP

Crosby

Ravensworth

Cleator Moor

St Bees

Ennerdale

Egremont

Beaumaris

Seascale

Gosforth

Nether Wasdale

Elterwater

GRASMERE

Rydal

AMBLESIDE

Elterwater

Skelwith Bridge

KIRKBY STEPHEN

Orton

Tebay

Ravenstonedale

RAVENGLASS

Muncaster

HAWKSHEAD

WINDERMERE

Bowness

Staveley

SEDBERGH

Dent

Broughton-in-Furness

Silecroft

Milthorpe

Askham-in-Furness

Haverthwaite

CARTMEL

Milnthorpe

ARNcliffe

Barbon

Casterton

YORKSHIRE

ULVERSTON

Dalton-in-Furness

Gleaston

GRANGE-OVER-SANDS

Flookburgh

Baycliff

Beetham

KIRKBY LONSDALE

Yorkshire Dales National Park

BARROW-IN-FURNESS

Rampside

Walney Island

Piel Island

MORECAMBE

Carnforth

LANCASHIRE

LANCASTER